

Early Flu Shots

are for those who need them most!

Who needs a flu shot in September or October?

- Adults 65 years and older
- Nursing home residents
- Babies 6-23 months
- Children and adults 2-64 years old with a chronic condition (such as asthma, diabetes, heart, or lung disease)
- Pregnant women
- Household contacts of infants younger than 6 months
- Out-of-home caregivers of infants younger than 6 months
- Health care workers

For more information ask your doctor
or go to: www.dhs.ca.gov



Other ways to protect yourself and your family from the flu:

- Wash your hands
- Cover your mouth and nose when coughing and sneezing
- Stay home when you are sick